

# LA JOLLA COMMUNITY CENTER

## May 2023 NEWSLETTER

Our mission is to promote lifelong learning, wellness and friendship.

6811 La Jolla Blvd. La Jolla, CA 92037 | (858) 459-0831 | [www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

### Fourth Friday Jazz Series

#### The Music of Harold Arlen

##### Joshua White Trio

Joshua White is recognized as a highly creative and technically accomplished pianist, a formidable leader of a distinct voice among his peers. Legendary musicians, including Herbie Hancock, express praise for White as having "immense talent" and laud his "daring and courageous approach to improvisation ... on the cutting edge of innovation." In 2011, the Southern California music phenom earned a spot in the top two as a finalist of the prestigious Thelonious Monk International Piano Competition, beating out nearly 160 artists from around the world. Joshua began performing as a soloist and musical collaborator internationally — and has been invited to tour throughout Europe, Africa, and Asia. Joshua returns with his critically acclaimed trio featuring Rob Thorsen, bass, and Tyler Kreutel, percussion, to present the music of American composer Harold Arlen, best remembered for the melodies to popular tunes such as "Stormy Weather," "Get Happy," "That Old Black Magic," and "Over the Rainbow."

**Friday, May 26. 7-9:15pm. Reception 7pm. Concert 8-9:15pm.**

**No intermission. Free valet parking.**

**Pre-purchase: \$25/M, \$30/NM. Door \$35/person.**

**Snacks and refreshments available for sale.**



### Mother's Day Ice Cream Social

It's Mother's Day, It's Mothers Day, We have a treat for you, We would like to thank you, For everything you do! Join us for ice cream and other fun treats to celebrate moms and mother figures in our community!

**Friday, May 12. 2-3pm. Free/M, \$10/NM.**



### Concerts in the Courtyard

**Enjoy a free afternoon concert, every first and third Friday of the month!**

Concerts will feature local artists from genres including jazz, opera, classical, world music and more. Concerts will take place in the courtyard, weather permitting. Otherwise the concert will take place in the Kiwanis Great Room. Doors open at 11:45am. Earlier entry and seating is not available. Seating is open and available on a first come first served basis. Reservations are not required.

Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated.

**Friday, May 5. 12-1pm. El Duo, Música Latina**

**Friday, May 19. 12-1pm. Fred Benedetti, Classical Guitar.**



### Social Bridge RETURNS!

Do you enjoy Bridge? There is a congenial group who meets weekly on Thursdays to play Rubber Bridge using common standard conventions. Intermediate and Advanced levels. Walk-ins welcome!

**Thursdays starting May 4. 1-3pm.**

**Free/M, \$5/NM.**

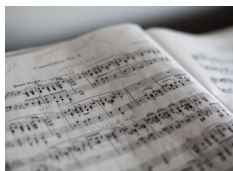


### Music Appreciation Series

#### Debussy: French Impressions and Melodic Images

This musical hour will enrich your day with very special arrangements of Debussy's Clair De Lune, The Girl with the Flaxen Hair, and much more. Music inspired by poems, his love for his daughter, and his love for the sea and Burgundy. Symphonic motifs, lovely pianos, harps and guitars are ready to embrace you. Taught by Chris Burns.

**Tuesday, May 16. 1-2pm. Free/M. \$10/NM.**



### Opera Wednesdays

#### Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of past and present Metropolitan Opera Competition Winners, active San Diego Opera performers and guest artists who have sung all over the world.

**Wednesday, May 10. 7-8:30pm.**

**\$10-20 suggested donation. 100% of donations go directly to artists. Snacks and refreshments available for purchase.**



### Serenata: An Evening of Italian Songs and Arias

Enjoy a memorable romantic evening of Italian songs and arias by Bellini, Puccini, Verdi, Tosti and others. International soprano and San Diego native Gabriella Rodmac is performing before heading back home to her singing engagements in Italy. She will be accompanied at the piano by the talented Michele Scanlon. Italian aperitivo and wine will be available for purchase at the event. Limited capacity, pre-purchase recommended.

**Thursday, May 11. 7:30-9:00pm. \$30/person.**

**Tickets available at Eventbrite.**



**WE WILL BE CLOSED MONDAY, MAY 29, 2023  
IN HONOR OF MEMORIAL DAY.**

**Reservations required. All programs are subject to change or cancelation based on attendance.**

## Spanish Beginner 3

This class focuses on intermediate conversational Spanish. If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is the program for you! Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.



**Wednesdays, 10-11:30am. NO CLASS MAY 10 & 17.**  
**Drop-Ins \$17.50/M, \$20/NM per class.**

## Spanish Beginner 1

This course teaches basic vocabulary, conjugations and conversation skills. Key topics, including common verbs, present tense conjugations, negation, questions, greetings and much more. Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.

**Mondays, 1-2:30pm. NO CLASS MAY 8 & 15.**  
**Drop-In: \$17.50/M, \$22/NM per class.**

## Italian Beginner 1

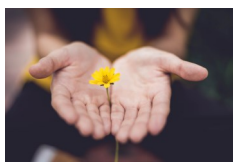
This introductory course develops Italian language acquisition through listening, speaking, reading, and writing. It covers basic Italian pronunciation, vocabulary, and grammar. It also explores the history, geography, and customs of the Italian-speaking world.



**Tuesdays, May 2, 9, 16, 23. 12:30-1:30pm.**  
**Drop-In: \$22/M, \$25/NM per class.**

## Making Life Decisions as You Age

Getting older doesn't mean you are ready to give up control of your decision-making and there are so many decisions to be made! *When do I know it is time to make changes in my life? Do I want to bring people into my home to help me, or should I be looking into group living? If I age in place, do I stay in my home or move closer to a loved one?* Join Laura Lorber, J.D., to talk about these issues and start the journey to making choices that are important for the next phase in your life.



**Special Guest: Mike Ortman from Care Placement.**  
**Friday, May 19, 11am-12pm. Free/Open to all.**

## iPhone/iPad Assistance/Open Forum

Bring your questions and inquiries to this weekly open forum where your Instructor will answer as many general questions in 1 hour. Level covered: Basics and General Settings. **REQUIRED: Apple ID and PW.**



**One-on-One lessons available by appointment for personalized questions.**  
**Wednesday, May 3 & 10. 12:30-1:30pm.**  
**Free/M, \$10/NM per class.**

## American Mahjong: Beginners: 6-Week Course

Mahjong is a game of luck, skill, and strategy. Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for gameplay.



**Thursday, June 1, 8, 15, 22, 29, July 6.**  
**10am-12:30pm. \$165/M, \$190/NM.**  
**2023 Mahjong card not included. A card can be purchased at first class for \$15. Min 4 students.**

A tradition of excellence from local artists since 1918



The La Jolla Community Center is home of the La Jolla Art Association

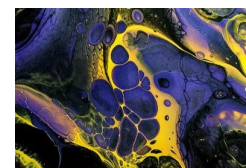
## LJAA Exhibition

The La Jolla Art Association presents a new exhibition from April 3 - May 31. The media featured will include watercolor, photography, oils, digital art and acrylics. **To view the art, please call in advance as some galleries may not be available.**

**More info: [www.lajollaartassociation.org](http://www.lajollaartassociation.org)**

## Acrylic Pour Workshop

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok. There are endless creative possibilities thanks to different ways to combine acrylic paints.

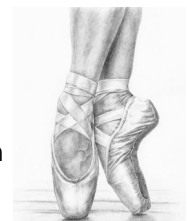


**Friday, May 26. 2-3pm. \$20/M, \$30/NM.**

**Materials included. \*painting will be wet after class. Pick up is available during the week.**

## Drawing Class: 4 Week Course

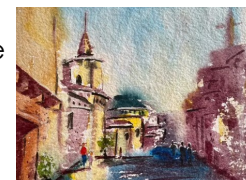
Learn the basic principles and techniques, such as perspective and shading, for creating beautiful drawings. This class is for anyone who is interested in learning to draw in a friendly, fun and encouraging environment. This is an all encompassing course for all levels. No prior experience is required. Taught by Symphony Moussighi. Materials list is available on the website.



**Tuesdays, May 9, 16, 23, 30. 3-5pm. \$79/M, \$99/NM.**

## Spring into Watercolor 2: 4-Wk Watercolor Course

Experiment, explore, and challenge yourself. Taught by award-winning artist, Minnie Valero, students gain confidence and an understanding of watercolor as they play and paint. Materials list is available on the website.



**Thursday, May 4, 11, 18, 25. 3-5 pm. \$79/M, \$99/NM.**

## Afternoon Classic Movies

Enjoy a classic film in the Kiwanis Great Room. Film titles are subject to change.

**Wednesday, May 3:** Good Will Hunting (1997, 126 mins)

**Wednesday, May 10:** My Cousin Vinny (1992, 119 mins)

**Wednesday, May 17:** A League of Their Own (1992, 127 mins)

**Wednesday, May 24:** Sleepless in Seattle (1993, 105 mins)

**Wednesday, May 31:** Pretty Woman (1990, 125 mins)

**Seating opens 12:30pm. Films begin 1pm. Free/M, \$10/NM. Snacks and refreshments available for sale.**



## Better Bridge by Farr: 4 Week Review Course

**Beginning:** Mondays, June 5, 12, 19, 26. 10:30am-12:30pm

**Intermediate:** Mondays, June 5, 12, 19, 26. 2- 4pm

**Advanced:** Tuesday, June 6, 13, 20, 27. 2-4pm

**\$100/M, \$120/NM, per course, per person.**

# MEMBERSHIP & DONATION INFORMATION

## Become A Member!

Individual Membership: \$120 | Couple Membership: \$200

**Please consider making a contribution today and make a lasting investment in our future!**

- Your gift will help us carry out our mission for many years ahead
- Enjoy significant tax savings while providing for a cause that's meaningful to you

**The La Jolla Community Center is a 501(c)(3) Tax ID 20-8682354**

**For more information, please contact Nancy Walters, Executive Director, (858) 459-0831**

## ONGOING PROGRAMS

**Register now! Limited seating and registration required. To register:  
[www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) | (858) 459-0831 | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)**

### Zumba with Ruth Karhu

Focuses on Latin rhythms and very easy-to-follow moves. The benefits are that it tones, enhances bone density, strength and flexibility, boosts metabolism and improves cognitive functions.

**Tuesdays, 10-11am & Fridays, 9-9:50am, Free/M, \$10/NM.**

### Gentle Yoga with Bob Spindler.

A very gentle style of hatha yoga designed to meet the specific health concerns and challenges seniors face including balance, posture, breathing and stretching.

**Thursdays, 10-11am. \$5/M, \$10/NM.**

### Deep Yoga Flow with Anne Marie Welsh

Connects breath to movement, so the physical practice of yoga (asana) becomes a meditation in motion that fosters flexibility, strength, focus and clarity.

**Mondays & Wednesdays, 11am-12:15pm. \$5/M, \$10/NM.**

### Kundalini Yoga with Guru Amrit

Balances the body, mind, emotions and uplifts the spirit. Its practice produces a deep healing process and a relaxed experience of consciousness. Class focuses on breathing and meditation and involves stretching and cardiovascular exercises.

**Fridays, 10-11am. Free/M, \$10/NM.**

### Qi Gong Style Tai Chi with Sherlie Miller VIRTUAL

Gentle exercise benefits any age person coping with arthritis in joints by using easy movement to lubricate joints, and lowering high blood pressure by natural calming and relaxation.

**Thursdays, 10:30-11:15am. Free/All.**

### NEW DAY: Strength & Balance Class Andrea Ogden

Age is no barrier to exercise. At any age, you can see improvement in your strength, balance, stamina, flexibility and more importantly the mental health benefits of exercise should never be underestimated.

**Fridays, 12:30-1:30pm. Free/M, \$10/NM.**

### Chair Yoga & Meditation with Sasha Briskin

This gentle form of yoga is practiced sitting on a chair and is especially suitable for all ages, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. Class incorporates breathing exercises, stretching, yoga postures, and final relaxation along with Meditation techniques.

**Tuesdays, 11:30am-12:30pm. Free/M, \$10/NM.**

### French Conversation Led by Mark Van Roode

Whether you're a native Francophone or a proficient French speaker, conversation groups are a fantastic way to keep up your speaking and listening skills – plus you will make *de bons amis*.

**Tuesdays, 10:30am. Free/M, \$5/NM.**

### Café Español Led by Olga Fabrick

Improve, learn and develop your Spanish conversation skills. Class lead by Olga Fabrick, native speaker and trained in Second Language Acquisition Methodology. Intermediate to Advanced Conversation levels. Currently reading "Cuando Era Puertorriqueña" by Esmeralda Santiago.

**Mondays, 2:30pm. Free/M, \$5/NM.**

### LJCC Book Club

#### Every Third Wednesday of the Month

This book club is designed for people to be able to get together once a month to discuss good books. The goal of the book club is to have FUN, expand our horizons, and exchange ideas with other interesting people! It is so EASY to get busy with our careers and our families, that reading takes a back seat. Now, you can treat yourself and read at least 1 good book a month.

**May: "The Paris Apartment" by Lucy Foley.**

**Wednesday, May 17. 1:30-3pm. Free/All.**

### Social Bridge Groups

Do you enjoy Bridge? Have a group that wants to play at the LJCC? Reserve a room during the week.

**Various days & times available. Free/M, \$5/NM.**

### Social Mahjong

Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 2022 Mahjong card. Player level is mixed. There is no instruction given during the group play. If you have a set, please bring it.

**Tuesdays, 11am- 3pm. Free/M, \$5/NM.**

## Planned Giving

**Please consider the La Jolla Community Center  
when planning your estate!**

For more information, please contact  
Nancy Walters, Executive Director, (858) 459-0831

Mon	Tue	Wed	Thu	Fri
<b>EVERY MONDAY</b> 11am Deep Yoga Flow 2:30pm Café Español	<b>EVERY TUESDAY</b> 10am Zumba 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	<b>EVERY WEDNESDAY</b> 11am Deep Yoga Flow	<b>EVERY THURSDAY</b> 10am Gentle Yoga 10:30am Tai Chi: Virtual <b>1pm NEW! Social Bridge</b>	<b>EVERY FRIDAY</b> 9am Zumba 10am Kundalini Yoga 10am Paint the Model 12:30pm Strength & Balance
<b>1</b> 1pm Spanish Beginners 1	<b>2</b> 12:30pm Italian Beginner 1 3pm Drawing Class	<b>3</b> 10am Spanish Beginners 3 12:30pm iPad/iPhone Open Forum <b>1pm Classic Movies: Good Will Hunting</b>	<b>4</b> 10am American Mahjong Beginners 3pm Spring into Watercolor 2 <b>5:30pm Kiwanis Meeting</b>	<b>5</b> <b>12pm Concerts in the Courtyard Featuring El Duo</b>
<b>8</b>	<b>9</b> 12:30pm Italian Beginner 1 3pm NEW Drawing Class	<b>10</b> 12:30pm iPad/iPhone Open Forum <b>1pm Classic Movies: My Cousin Vinny</b>  <b>7pm Opera Wednesdays</b>	<b>11</b> 10am American Mahjong Beginners 3pm Spring into Watercolor 2 <b>7:30pm Serenata: An Evening of Italian Songs and Arias</b>	<b>12</b> <b>12pm Kiwanis Lunch Meeting</b>  <b>2pm Mother's Day Ice Cream Social</b>
<b>15</b>	<b>16</b> 12:30pm Italian Beginner 1 <b>1pm Music Appreciation Series</b> 3pm Drawing Class	<b>17</b>  <b>1pm Classic Movies: A League of Their Own</b>  <b>1:30pm LJCC Book Club "The Paris Apartment"</b>	<b>18</b> 10am American Mahjong Beginners 3pm Spring into Watercolor 2 <b>5:30pm Kiwanis Meeting</b>	<b>19</b> <b>11am Making Life Decisions as You Age</b>  <b>12pm Concerts in the Courtyard Featuring Fred Benedetti</b>
<b>22</b> 1pm Spanish Beginners 1	<b>23</b> 12:30pm Italian Beginner 1 3pm Drawing Class	<b>24</b> 10am Spanish Beginners 3  <b>1pm Classic Movies: Sleepless in Seattle</b>	<b>25</b> 3pm Spring into Watercolor 2	<b>26</b> <b>12pm Kiwanis Lunch Meeting</b>  <b>2pm Acrylic Pour Class</b>  <b>7pm Fourth Friday Jazz Series featuring The Joshua White Trio</b>
<b>29</b> <b>CENTER CLOSED MEMORIAL DAY</b>	<b>30</b> 3pm Drawing Class	<b>31</b> 10am Spanish Beginners 3  <b>1pm Classic Movies: Pretty Woman</b>	<b>June 1</b> 10am NEW American Mahjong Beginners  <b>5:30pm Kiwanis Meeting</b>	<b>June 2</b> <b>12pm Concerts in the Courtyard</b>

**Interested in a program? Please Register (858) 459-0831**  
Registration is required. Classes may be canceled if there is not a minimum number of participants registered for a program.  
*\*Please see class descriptions for canceled classes*

Like us on facebook! [www.facebook.com/ljcommunitycenter](http://www.facebook.com/ljcommunitycenter)  and review us on Yelp! 

**Not a Member? Join today!**  
**Individuals \$120/year Dual/Couples \$200/year**  
**Hours of Operation: Monday-Friday: 9am-5pm**  
**(858) 459-0831**